

Navy Drug Detection and Deterrence Newsletter



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AUGUST 2020



MESSAGES TO SHARE

Below are sample messages to be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Small, proactive steps like getting an annual physical can help you and your provider identify and prevent potentially harmful health problems. Navy and Marine Corps Public Health Center's Preventive Health Month is in August. Their toolbox can give you information on healthy practices you can start implementing in your daily life to prevent illness. Find it at go.usa.gov/xyrvG.
2. Finding CBD products is pretty easy these days. Many claims are made about the benefits of CBD, but many have not been studied or proven. Not to mention, these products could contain THC, which is prohibited for Sailors. Trying out CBD to see if it works for you means that you're also playing a game of chance. The Navy's policy regarding cannabis products remains zero-tolerance.
3. You may find yourself decluttering more than you ever thought you could. As you're Kondo-ing, take some time to clean out the medicine cabinet. Old and expired medications don't spark joy, and they can threaten your health or career. Mix them in a small plastic bag with used coffee grounds or kitty litter and throw away or take them to a safe and secure drop box at a military treatment facility or pharmacy.
4. If you or someone you know is in crisis, there are resources to help like the Veterans Crisis Line. Call to speak with someone who can help at 1-800-273-8255 (Press 1) or text at 838255.

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MANAGING STRESS FOR PREVENTIVE HEALTH

Quarantine. Masks. Telework. Homeschool. Canceled plans. Boredom. Loneliness. Concern for elderly family members. Uncertainty about the future. The adjustments we have made in the past few months are many and unprecedented and often against our will. Our bodies are hard-wired to respond to stress as a means of protection. A perceived threat — for example, narrowly missing a car accident — triggers a brain response that includes a surge of adrenaline and cortisol in the body. Our heart rate and blood pressure increase, sugar is released into the bloodstream and nonessential functions like digestion and immune response are temporarily suppressed. Under normal circumstances, after the threat has passed, hormone levels and other systems return to baseline functioning.



But when we are under a constant barrage of stress, that response stays on, and the body never receives a signal to return to normal. Short-term effects of chronic stress may include sleep disturbances, body aches and pains, digestive problems, changes in weight, depression, anger or irritability. Initial reactions to stress can vary from person to person. Over time, continued strain on the body from **stress** can manifest as heart disease, high blood pressure, diabetes and other illnesses, including mental illness.

While stress is a natural response to threat, our techniques to managing that stress can be destructive. Responding to anxiety with alcohol or drugs can lead to cardiac arrest or reckless behavior that results in injury. Constantly viewing news of the world's problems — termed "doomscrolling" — on our smartphones can amplify anxiety.

Experts recommend consciously **disconnecting** from technology and reconnecting with what is important to you. Look at the increased time with your children or spouse as a privilege. Spend time outside when possible. Make sure to get regular exercise. Try painting (either a picture or the walls). Take up yoga, t'ai chi, or meditation.

Much in our lives has changed recently, but in reality, life is always changing, and no condition is permanent. Accepting this fact and focusing on the present can help lower your anxiety. Taking time to journal about the things for which you are grateful has been shown to improve mood and health functioning across a range of domains. You can also write thank you notes regularly expressing **gratitude** to people in your life (with the added benefit of improving their mood as well).

Austrian psychiatrist Viktor Frankl wrote, "Everything can be taken from man but one thing: the last of human freedoms—to choose one's attitude in any given set of circumstances." While so much seems beyond our control at the moment, we can take steps to ensure we protect our health by managing our response to the myriad of stressors we are facing.

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**CULTURE OF
EXCELLENCE**

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TESTING DURING COVID-19: FAQs

Due to the COVID-19 pandemic, changes have been made to the process of specimen collection and drug testing for service members. Those changes are outlined in **NAVADMIN 092/20** Urinalysis Policy Update. The temporary amendments to the urinalysis program included in the NAVADMIN aim to allow for continuation of testing by providing guidance that ensures the safety of Sailors, Urinalysis Program Coordinators (UPCs), observers and others present during testing.

Below are a couple frequently asked questions and their answers related to specimen collection and testing that are not specifically addressed in the NAVADMIN.

Are Navy Drug Screening Laboratories (NDSL) Open?

Yes. Navy Urinalysis specimen collection and Navy Drug Screening Laboratories (NDSL) have continued to operate and test during the COVID-19 pandemic. The NAVADMIN states that commands will continue random urinalysis specimen collection from Sailors during the pandemic to the greatest extent possible, but commanders and Commanding Officers may pause collection and/or reduce collection percentages and numbers of days collected if deemed necessary to support maximum operational flexibility and/or COVID-19 mitigation efforts.

The Urinalysis Program Coordinator (UPC) should work with the commander/Commanding Officer to develop a plan for urinalysis testing for personnel teleworking and new check-ins. The goal is to assess your command readiness by monitoring and deterring use of controlled substances while minimizing Sailor exposure to COVID-19 and adhering to social distancing requirements.

Is End Of Year (EOY) Testing Required?

The decision of whether to conduct end of fiscal year unit sweep of all command personnel not tested in the course of the current fiscal year rests with the Commanding Officer. We recommend the CO develop a plan of action based on the guidance set forth in NAVADMIN 092/20, specifically paragraph 5, sections A through E. COs should document the plan in writing via memo, email or other written means and communicate the plan to their Immediate Superior in Command (ISIC). Maintain the CO's plan on file with NAVADMIN 092/20 for five years for any future inspections.

What Else Is Important to Know?

Drug testing shall be conducted with no more than ten people, including the UPC and observer, gathering for testing in one place at one time while maintaining social distancing of six feet at all times while continuing to follow all collection procedures outlined in reference (a) in NAVADMIN 092/20.

CURRENT & UPCOMING EVENTS

AUGUST DDD WEBINARS

Due to the current COVID-19 pandemic, the Navy Drug Detection and Deterrence webinars have been postponed until further notice.

Stay up-to-date on any changes by checking the webpage at
www.ddd.navy.mil

ADAMS FOR LEADERS, DAPA & UPC COURSES

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at **my.navy.mil** or Catalog of Navy Training Courses (CANTRAC) at
app.prod.cetars.training.navy.mil/cantrac/vol2.html

NMCPHC PREVENTIVE HEALTH MONTH

August

Find the toolbox at **go.usa.gov/xyrvG**.

SUICIDE PREVENTION MONTH

September

Suicide Prevention is an All Hands issue.
Find resources to strengthen your local efforts ahead of Suicide Prevention Month.
Visit **www.suicide.navy.mil**.

DEFY PROGRAM YEAR CHANGES

Drug Education For Youth (DEFY) will suspend the start of the 2020-2021 year due to the release of NAVNORTH FRAGORD 20-024.013 In Response to Coronavirus Disease 2019 (COVID-19), which affects the program's ability to operate on and off-base. We are preparing for sites to begin fall programming using a virtual platform for monthly meetings and to host summer activities in 2021 as a program year closure.

DEFY relies heavily on volunteers for its success. Commands can contribute to program success by providing necessary operational resources, helping recruit volunteers and supporting command staff who serve as role models for youth participants. Participants gain important life skills like mentoring, tutoring, supervision, public speaking and finances.

For more information on DEFY, call (901) 874-3300 or email **MILL_N17_DEFY@navy.mil**. DEFY is online at **www.DEFY.navy.mil** or on Facebook at **facebook.com/HQDEFY**.